

# Using RelieVR™

Virtual Reality is a non-invasive, interactive experience that offers guided imagery, interactive games, and meditation practices that help people into a relaxed state of mind.

## Your VR kit comes with:


- Pico G2 4K headset
- handheld controller
- charging accessories
- carrying case

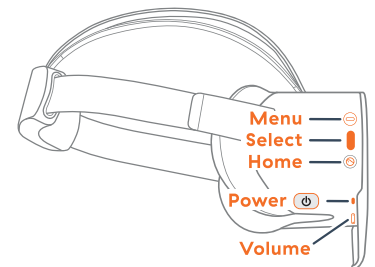
## Health and Safety Warnings

- Before using VR, familiarize yourself with the potential risks and side effects associated with VR. These may include motion sickness, dizziness, eye strain, headaches, or other visual abnormalities.
- A small number of people (up to 0.025% of users) may experience seizures or severe symptoms (eg: disorientation, nausea or drowsiness) upon viewing the VR experience. If you suffer from epilepsy, please consult your doctor before use.
- If the patient reports motion sickness or claustrophobia, please discontinue use & remove the headset.

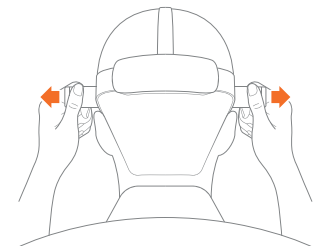
**WARNING: Do not expose the headset to direct sunlight.**

## Getting Started

- 1 Power on:** Long press  **POWER** button on the bottom of headset and wait for blue LED light to turn on.




- 2 Put on the headset:** Adjust the side straps so it fits comfortably.



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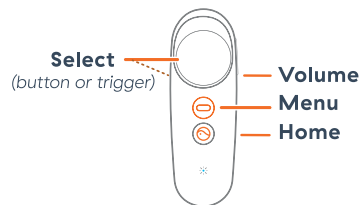
## Getting Started (cont'd)

### 3 Once the menu loads a prompt will appear for you to **Select the Input Mode:**

**Note:** Gaze is the default input mode. To use your gaze to make selections, gaze and hold the dotted circle  over any button and wait for the button to fill or press the **SELECT** button on the side of the headset.

A. **To use your gaze** – Look at and select the **GAZE MODE** button.

B. **To use the controller** – Use your gaze to select the **CONTROLLER MODE** button. Use your controller and follow the prompts to connect to controller.



### 4 To **Connect to WiFi:** On the Home menu, select the **SETTINGS** icon, located in the lower center of your screen. Select **CONNECT TO WIFI**. You will temporarily be taken out of the RelieVR interface. Select your network. Enter the password, press enter, and then press **CONNECT**. Confirm your network is selected then press the round **EXIT** button two times.

### 5 **Select a VR Experience:** Enter a VR experience by selecting one of the tiles on the Home menu.

### 6 During the last 10 seconds of an experience, a tile showing the experience **UP NEXT** will appear. The user can select **UP NEXT** or wait until they are taken back to the RelieVR Home Menu. The user can then continue to explore and enjoy!



Reorient Settings

### 7 **Reset for a new patient:** Select the **SETTINGS** icon located in the lower center of your screen. Select **INFO & HELP** and then select **RESET PROGRESS**.


**Note:** The Home Menu will automatically reset to its default state each time you restart the VR headset.

### 8 **Powering Down:** At the end of the session, press and hold the power button for a full 3 seconds until the screen goes black. The Controller will go to sleep on its own. To ensure the headset is charged and ready for your next use, make sure you plug the headset back into to its USB charger.






## Troubleshooting

**Device not powering on?** Make sure the headset is completely plugged in. If the battery is completely drained, please allow two hours to fully charge.

To change your **input mode**, in the main menu select  **SETTINGS** and then select the **INPUT SETTINGS** button. Select the **ALTERNATE INPUT MODE** and **HAND PREFERENCE** button on the left to change.

If your controller becomes unpaired, a prompt will invite you to pair your controller. Follow the prompts. Refer to **USER MANUAL** for detailed instructions.

**Controller not visible or pointing the wrong way?** Press and hold the  **HOME** button while pointing the Controller forward to reposition the Controller.

**Screen off-center?** Press and hold the  **HOME** button on the right hand side of the headset to reorient the menu OR select the  **COMPASS** in the menu OR remove and put back on the headset to reorient.

**If the patient reports that the experiences appear blurry,** the patient may have to slightly adjust the headset up/down their face until the view is in focus.